

## Claims

1. Pole handle (10), in particular, for cross-country ski, alpine and nordic walking poles, comprising a hand retaining device (11), such as toggle strap or glove, which can be detachably locked to the pole handle (10) via a first connecting element (64) which is fixed on the hand retaining device (11), wherein a pole handle recess (26) accommodates a second connecting element (46) which cooperates with the first connecting element (64), and which can be moved using an actuating member (41) which can be accessed in the region of the handle head in opposition to a resilient bearing, characterized in that access to the pole handle recess (26) into and from which the first connecting element (64) can be inserted and removed is formed by a longitudinal slit (31) which extends in a first wall (21) delimiting the pole handle recess (26) and facing the hand retaining device (11) and which extends parallel or at an angle with respect to the longitudinal pole handle axis (17), wherein the longitudinal slit (31) extends in a region from above to below the range of motion of the second connecting element (46).
2. Pole handle according to claim 1, characterized in that the longitudinal slit (31) can be accessed in a region of the handle head front face (22).
3. Pole handle according to claim 1 or 2, characterized in that the first connecting element (64) comprises a mushroom-like or other undercut shape for axial guidance and radial holding in the longitudinal slit (31).

4. Pole handle according to claim 3, characterized in that both sides of the walls (36, 37) bordering the first wall (21) have guiding grooves (38, 39) for the first connecting element (64).
5. Pole handle according to at least one of the preceding claims, characterized in that a stop for the first connecting element (64) during insertion into the pole handle recess (26) is formed by an end (34) of the longitudinal slit (31).
6. Pole handle according to at least one of the preceding claims, characterized in that the preferably bevelled handle head front face (22) of the pole handle (10) is provided with a longitudinal opening (27) through which the actuating member (41) projects.
7. Pole handle according to at least one of the preceding claims, characterized in that the actuating member is formed by a lever (41) which is pivotably disposed in the pole handle recess (26).
8. Pole handle according to at least one of the preceding claims, characterized in that the actuating member is integral with the second connecting element (46) to form a two-armed lever.
9. Pole handle according to claims 7 and 8, characterized in that the actuating lever (41) is hinged to a pivot axle (42) which is disposed on a locking arm (44) proximate to the actuating arm (43) of the two-armed lever (41).
10. Pole handle according to at least one of the claims 7 through 9, characterized in that the actuating lever (41) is loaded between the pivot axis (42) and the second connecting element (46) via a spring element (52).

11. Pole handle according to claim 10, characterized in that a pressure spring (52) or another spring element is supported on an inner wall region (25) of the recess (26) of the pole handle (10) and pushes the actuating arm 43 against a wall region (48) of the pole handle (10), which delimits the pole handle recess (26), to capture the second connecting element (64) in a path of the first connecting element (46).
12. Cross-country ski, alpine or nordic walking pole comprising a pole handle in accordance with claim 1 and optionally at least one of the subsequent claims.